Grain, Fruit, and Veggie Challenge

Activity Goal:

* To promote whole grain, fruits, and vegetables to be consumed in the home by all family members.

Activity Description:

Grain, Fruit and Veggie Challenge: A game to encourage the eating of fruits, vegetables and grains in the home. The basis of this activity is to send home a handout to children in grades 3-6 that the family can use together to become aware of the amount of fruits, vegetables and whole grains they are consuming. All family members are encouraged to participate

Guide for Grain, Fruit, and Veggie Challenge:

Task Description	Lead Time	Completion Date	Person(s) Responsible
★ Become familiar with the attached handout and be able to explain this project	3 months		You
* Ask your principal who to contact about sending home nutrition information to elementary families	3 months		You
 Contact the person you will be working with, explain what you are doing, and ask permission to include your handout with the next send out to the families Set up a date to drop off the handouts 	2 months		You
* Ask the elementary school principle for permission to make the copies at their school, if that's not possible make copies elsewhere	1 month		You
 Bring the copies to the person at the designated time and place and drop them off Thank the person for helping you 	Date determined for drop off		You

Detailed Steps:

- 1. Ask your principal who to contact about menus that are sent home to families and the best way to contact that person; this will most likely be the foodservice director for your school or school district
- 2. If menus are not sent home ask the principal if there is any time that information will be going home to families to which you can add your handout if there is no scheduled time you may ask how to best contact all teachers in grades 3-6 to ask if they would be willing to hand your activities out to be sent home
- 3. Once you have found out who you will be working with to send this handout home contact them and explain what you are doing and ask if you could include your handout in their next send out to the families.
- 4. At this time set up a date on which you can deliver your handouts to them as well as where to drop them off
- 5. The handout is attached and is also available at this website along with more information; http://teamnutrition.usda.gov/Resources/cnak_3Family.pdf
- 6. Ask the principal of the elementary school if they would be willing to make the appropriate number of copies to be sent home. If this is not an option you also have \$50 available to you through this program to make copies, just make sure to keep your receipts!
- 7. Once you have the copies made bring them to the person at the designated time and place and drop them off and thank the person for helping you